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Homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Wednesday, March 31, 1943

Subject: "RED STAMP RATIONS" Information from Food Distribution Administration officials of the U. S. Department of Agriculture.

--ooOoo--

This is the week homemakers start using the red ration stamps for meat, cheese, canned fish, and fats and oils. With a month's experience behind you in budgeting points for canned foods you should have no difficulty in adding these newly rationed foods to your list. However, it is important that you know exactly which foods are and are not included in the new rationing program. Just to be sure let's check them.

The foods included in the new ration program fall into 4 general groups. Number one is MEAT; number two, CANNED FISH; number three, FATS AND OILS; number four, CHEESE.

Meat includes all fresh, frozen, smoked and cured beef, veal, lamb, and pork...all meats and meat products in glass or tin containers...and all dried meats. The variety meats, including tongue, brains, heart, liver, tripe, sweetbreads and kidneys are also on the rationed list. Other rationed meat products are; bouillion cubes, beef extracts, and all dry, semi-dry, and fresh, smoked, and cooked sausage. This includes salami, pork sausage, baked loaves, scrapple, and, yes, the good old American hotdog. You will also have to give up stamps for suet, cod (a special kind of beef fat) and other fats. But remember in planning your meals that poultry and game, whether fresh, frozen or in cans or glass are not rationed.

Now for the fish. You will have to give up stamps for all fish, shell-fish, and fish products in hermetically sealed containers. Fresh fish, frozen fish, or fish that is smoked, salted or pickled are not rationed. Neither is fish in con-

tainers that are not hermetically sealed.

The rationed foods in the class of fats and oils are; butter, margarine, lard, shortening and cooking and salad oils. Olive oil when not blended with other ingredients is not rationed. Neither is salad dressing and mayonnaise.

The next classification is Cheese. All cheeses except the soft perishable types are rationed. Here are the cheeses you can buy "point free": cream cheese, Neufchatel, cottage, pot, baker's, Camembert, Liederkrantz, Brie and blue cheese. All other cheeses are rationed. Cheese spreads made with a base of cheese which is not rationed are exempt. So are cheese spreads and cheese products containing less than 30 percent (by weight) of rationed cheese.

In the first month, each holder of Ration Book Two, regardless of age, will have a basic allotment of 16 points a week to spend, and you can do the family shopping with the books of all members. During the first 5 weekly periods the stamps will become good as follows: Red stamps bearing the letter A became good on March 29...the B stamps will be good on April 4...C stamps on April 11....D stamps on April 18....and stamps bearing letter E on April 25. The A, B, C, and D stamps expire April 30. You will hear later the date when the E stamps expire. Be sure to remember that each group of stamps amounting to 16 points becomes valid at the beginning of a different week, but that they're all good throughout the rest of the month.

Point values for the entire list of newly rationed foods are the same in every retail store in the country -- just as they are for canned goods. Approximately 150 meat items are on the official table of consumer point values. You will find cheeses, fats and oils and canned fish listed on the meat chart. A separate chart for kosher stores has about 60 types and cuts. Each store handling these rationed foods must post at least one official point list, and also must post the point values at or near the place where the rationed items sell.

As each series of red stamps becomes good you may use them with complete freedom to buy any one of the rationed products. You can use them as you please to buy meats, cheeses, butter, edible fats and oils, or canned fish. You can divide your point spending to suit the eating habits of your family, using whichever series of stamps happens to be good at the time. As in the case of the blue stamps you must remove the red stamps from your book or books in the presence of the storekeeper or clerk. If you place your order by telephone, you must give the stamps to the delivery boy. No "point charge accounts" or "point credits" under this program.

And here is some good news. Your grocer may give you change in ration stamps where you find it impossible to give the exact amount of valid red stamps when making a purchase. Only one-point stamps of any valid series may be used for this purpose. This is a departure from the processed foods program, which requires you to pay over the exact number of points for canned goods in blue stamps and does not allow the making of change.

When you buy meat from now on, remember that the edible part is important in setting point values. Cuts that have a large amount of bone and fat have values lower than those cuts which are completely edible. For example, lamb neck, pork spare ribs and other cuts heavy with bone have point values much lower than lean chuck or round steak. Because of their perishability the point values of such meat as brains, kidneys, hearts are lower than other meats.

Although you are free to use your red stamps as you wish on the newly rationed foods, you will want to spread them out in order to take care of your family's nutritional needs. For instance, don't spend all your stamps for steak and end up with no butter or fats. Spend your points cautiously at first. Fill in with poultry, fresh fish and other unrationed foods as often as possible. It won't take you long to learn how to get the most points worth out of your red stamps.

